

# MATTHEW B. HOWARD

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## ORTHOPAEDIC SURGEON

*Shoulder Arthroscopy, Reconstruction & Joint Replacement Surgery*

*Hip & Knee Reconstruction & Replacement*

## **Anterior Shoulder Stabilisation for Instability** Post-Operative Patient Information

You will be admitted to either Calvary Hospital or the Riverina Day Surgery on the day of surgical procedure. As a general rule this surgery is a day procedure. Post-operatively prescriptions for pain relief will be given to you at the time of discharge. A post-operative sling will be applied and this is used for approximately the first 6 weeks following the surgery.

After discharge a follow-up appointment at approximately 10 days will be made for you in my rooms. At this stage the sutures will be removed. Further follow-up visits following this initial appointment will be made around about the 8 week mark following surgery. Physiotherapy commences immediately upon the surgery and progresses through a graded program.

Patients can usually return to office duties as soon as they are comfortable. Some employers will not allow a worker to return to work while wearing a sling and in those circumstances you should expect to be off for 6-7 weeks. It usually takes about 8-10 weeks before you can do light manual tasks and about 12-14 weeks before heavy duties are commenced.

Driving with 2 hands is allowed as soon as you have active control of the operated arm, which is generally around about 6-7 weeks post-surgery. Driving with one arm in a sling is not recommended. Contact sports should be avoided for about 6 months.